

Trauma-Informed PA

The Impact of Covid-19 on Frontline County Staff

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Basic definition of trauma

- ▶ A deeply distressing or disturbing experience as in a personal trauma like the death of a child
- ▶ An emotional shock following a stressful event or a physical injury, which may be associated with physical shock and sometimes leads to long term issues



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Psychological Trauma

- ▶ Damage to the mind that occurs as a result of a distressing event. Trauma is often the result of an overwhelming amount of stress that exceeds one's ability to cope, or integrate the emotions involved with that experience.



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What is trauma?

- ▶ **Acute Trauma** –This results from single stressful or dangerous event.
- ▶ **Chronic Trauma** –This results from repeated and prolonged exposure to highly stressful events. Examples include cases of child abuse, bullying, or domestic violence.
- ▶ **Complex Trauma** –This results exposure to multiple traumatic events



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PTSD...DSM V

- Exposures to actual or threatened, serious injury, or sexual violence in one(or more) of the following ways:
 - *Directly experiencing the trauma
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- *Witnessing, in person, the event(s) as it occurs to others
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- *Learning that the traumatic event(s) occurred to a close family member or close friend
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- *Experiencing repeated or extreme exposure to aversive details of the traumatic event(s)



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Trauma ...Covid-19

- ▶ In February, the Office of Advocacy and Reform, established by Governor Wolf's 2019 Executive order announced the launch of a volunteer think tank to develop a plan to make Pennsylvania a trauma-informed state
- ▶ The Coronavirus was confirmed to have reached the US in 1 /2020
- ▶ The first known deaths in the US happened in February
- ▶ March 6th saw the first recorded cases in PA, with the first death announced on March 18th



In the United States, 70 percent of adults have experienced some type of traumatic event at least once in their lifetime. Exposure to trauma, which includes abuse, neglect, discrimination, violence, and other adverse experiences, increases a person's lifelong potential for serious health problems. The purpose of this virtual series will be to educate counties on how to become trauma-informed so they can better respond to the needs of their residents. This series is comprised of four sessions which will address the impact of COVID-19 on residents and staff, Pennsylvania's Trauma Informed Plan, tips for counties to become trauma informed, and considerations for successful re-entry programs



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This plan is the result of four months of work from OAR and the Trauma-Informed PA Think Tank, formed in February. The think tank was made up of 25 experts chosen to participate from urban, suburban and rural communities throughout the commonwealth, and represents the fields of psychiatry, psychology, law enforcement, county government, clergy, social work, counseling, mindfulness, community development, education, sexual assault recovery, addiction recovery, domestic violence services, child maltreatment solutions, nursing, public health, pediatrics, prison re-entry and philanthropy.



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- ▶ 1. Ensuring that PA state culture is trauma-informed through universal training
- 2. Ensuring all state agencies' policies and practices are trauma-informed and more focused on prevention and healing
- 3. Mandating that all licensed and funded entities become trauma-informed
- 4. Building and supporting grass roots / community-based efforts to become trauma-informed in every part of the commonwealth
- 5. Recognizing and healing from the traumas of major crisis like COVID-19
- 6. Preventing and healing racial, communal and historical traumas, whether they be individual or systemic

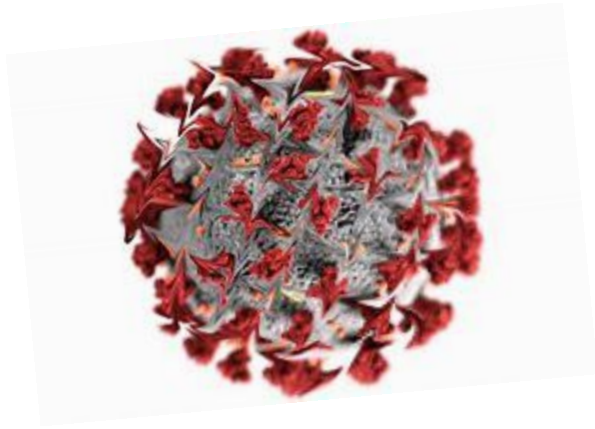


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- ▶ “Trauma is not singular, those who experience it are not identical, and the contexts and cultures within which each of us lives are varied as blades of grass in a field.” –Margaret Blaustein and Kristine Kinniburgh



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➤➤ Covid-19

pandemic

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***“A blight is on the fruitful plants of the earth,
a blight is on the cattle in the fields,
a blight is on our women that no children
are born to them, a god that carries fire,
a deadly pestilence, is on the town,
strikes us and spares not, and the house of Cadmus
is emptied of its people while Black Death
grows rich in groaning and in lamentation.”(Oedipus Rex by
Sophocles)***



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Quarantine

Social Distancing

Masks vs no masks

General Population



The New Normal

Flattening the curve



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Frontline workers:Healthcare Workers

The impact of Covid-19 on Frontline County Staff

➤➤ Medical Staff and Correctional Officers

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- ▶ As we know coronavirus is a respiratory borne illness, the rate of transmission is largely dependent on respiratory contact. Jails and prisons are crowded places where people often live in large dormitories or shared cells and share spaces for eating, sleeping, and bathing. Detention settings are extremely susceptible to the rapid and disastrous spread of infectious diseases, owing to both environmental and host factors.



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- ▶ During a pandemic, social distancing is uniquely challenging but critically important in correctional facilities. Correctional officers and Healthcare workers face several challenges. They are exposed through uncontrolled physical contact. The correctional officers move prisoners or engage in altercations. Prisoners may be unable or unwilling to maintain personal hygiene and may intentionally expose staff to body fluids to transmit diseases.



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- ▶ Correctional officers and healthcare workers can have strong psychological reactions of anxiety and fear during a pandemic, they are required to continue their work in uncertain and sometimes dangerous conditions.
- ▶ The impact of working in this type of environment has been identified by several studies. Studies done in previous epidemics on frontline workers showed increased depression, anxiety and PTSD.



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- ▶ The Challenges
 - ▶ Social Distancing
 - ▶ Overcrowding
 - ▶ Concerns for Family/Friends/Colleagues
 - ▶ Social Isolation
 - ▶ Exposure to critical incidents
 - ▶ Essential Workers



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- ▶ Depression
- ▶ Fatigue
- ▶ Anxiety
- ▶ Insomnia
- ▶ PTSD



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- ▶ Trauma interventions
 - ▶ Workplace screening
 - ▶ Stress management resources
 - ▶ Social support initiatives
 - ▶ Post critical event follow up

- ▶ Programming that naturally integrates trauma informed processes, trauma prevention,, and early detection may reduce the risk of trauma, severity, and recovery of trauma experiences.



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Covid-19: The Psychological Impact on Correctional Staff and Correctional Healthcare workers

- ▶ We will conduct an online survey during the COVID pandemic, and another follow up survey 6 months later, which will also be online. Participation in this study is voluntary. Participants will not be compensated. We will not retain any personal data. Overall all the surveys and psychological scales will take approximately 10–15 minutes. The study has many potential benefits such as highlighting the mental health distress of correctional staff members and correctional healthcare workers, advocating for more resources, planning for future disasters etc.



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- ▶ We will conduct the survey during the COVID pandemic and 6 months later as a follow up.
- ▶ Survey will include following validated instruments:
- ▶ **Patient Health Questionnaire (PHQ-9):** 9-item self-report screening tool that may help identify symptoms that could relate to depression



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- ▶ **Generalized Anxiety Disorder (GAD-7) Questionnaire:** Commonly used self-reported questionnaire for anxiety disorder.
- ▶ **Insomnia Severity Index Questionnaire:** Designed to assess the nature, severity, and impact of insomnia and monitor treatment response in adults.



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- ▶ **Item Impact of Event Scale–Revised (IES-R) Questionnaire:** The **IES-R** is a 22-item self-report measure that assesses subjective distress caused by traumatic events.
- ▶ **Maslach Burnout Inventory (MBI):** is a 22-item questionnaire which is widely used and well validated instrument encompassing 3 domains of depersonalization, emotional exhaustion (EE) and sense of low accomplishment. A single item question for emotional exhaustion and depersonalization has been used with highest factor loading and correlation with the longer questionnaire.



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- ▶ **Connor Davidson Resilience Scale (CD-RISC 2):** is a validated tool to measure the resilience.
- ▶
- ▶ **Morale questionnaire** is adapted from the validated Morale Index

Instrument



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